

## **City of Inver Grove Heights Parks & Recreation Adult Volleyball Division Definitions**

### **Women's Division**

- Beginner to advance skill levels.
- Want to have fun in a competitive and welcoming environment!
- Players play the position into which they rotate rather than assigned positions.
- Know the general rules of the game and have a good handle on the technical rules.
- 70%-90% or less serves in play.

*This skill level is currently the only skill division for our Women's league. Most players and teams have experience in a recreational league setting and or have played within the IGH league for many years. Many players in this league have experience playing competitive volleyball ranging from high school, club and collegiate levels. This division accommodates a broad range of age experiences from mid-20's to active older adults.*

### **Co-Rec Silver Division**

- Beginner to intermediate skill levels
- Just want to have fun!
- Usually make 2-3 hits per side.
- Have a setter, but most of the time the setter is set from the middle position.
- Attempt to block occasionally when a hitter is in front of them.
- Players play the position into which they rotate rather than assigned positions.
- Know the general rules of the game.
- 70% or less serves in play.

*Players in this division may have played in high school, or at a club level in college. Most likely did not play varsity or D1-2 in college but this may vary depending on skill level and continued practice. Many of these players may have played in a recreational league setting or are brand new to the recreational league experience. Basic passing, setting and hitting skills vary. Hitters do not utilize a true approach. A few points are scored due to execution errors but not the majority, most*

### **Co-Rec Gold Division**

- Intermediate to advance skill levels Can perform all skills: BLOCKING, SETTING, PASSING, and HITTING.
- Know and understand the technical rules of the game.
- Know how to cover the court defensively during a serve and during a hit.
- Can pass a hit or serve to the setter frequently.
- Front row hitters can take an approach and hit the ball consistently.
- Get 90% of serves, or more, in play.
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*Reserved for players who are highly competitive and only want to play with other highly competitive players. These players may have played on a competitive level in high school, collegiate or other elite-level volleyball clubs. Players are not required to have played in a competitive setting prior to playing in this division. Game play tends to be more fast paced and good understanding of the technical rules is expected. It's common to see many of the same players and teams returning to this division each season.*